

Anomalistic Extrasensory Techniques for Cognitive Behavioral Therapy

by Nick Wedig

You are psychics in group therapy. You astrally project yourselves into the unconscious mind of one member, to explore their internal turmoil as a surreal dream world.

Answer about your PC:

- What mental problem do you suffer from?*
- What other psychic ability do I possess?*

Write these on cards.

- Yes, and...*
- Yes, but...*
- No, and...*
- No, but...*
- Perhaps, if...*

The host mind's PC does not appear within their mind. Instead, you describe their mind's dreamscape and imaginary inhabitants. When the PCs interact with your internal world, you play one card to modify the result. When you have only one card left, take your discards back into your hand.

The other players have to answer:

- What are you afraid of?*
- What emotional baggage do you carry?*
- What memories do you hide from yourself?*

Once those questions are answered, the players can seek to answer:

- How can you overcome your mental problem?*

Importantly, the players cannot directly ask you these questions. When you feel they have discovered the answer through play, write it on your sheet. Once all are answered, then you can start to deal with your problem in the real world. And the group can enter another PC's mind.